



THE COVID-19 OUTBREAK

Working toward happiness is an active pursuit

While we are physically alone, it's the quality of the interactions that matters

Lizzy Acker The Oregonian/OregonLive

Since the coronavirus pandemic hit Oregon, many people have seen their world's dramatically contract — work for many has gone remote, or if not remote, then socially distant. We are wearing masks and gloves, and giving our neighbors wide berths as we walk around our own blocks. Some people are only seeing the members of their immediate family, only traveling from one room to another. Some people don't have any rooms to travel to. Some people don't have any immediate family to see.

No more eating out or going to shows or movies or drinks or barbecues with friends. It's a kind of physical isolation most people have never had to deal with. But Regan Gurung, a professor of Psychological Science at Oregon State University, thinks there are plenty of ways to mitigate our collective suffering.

"Social isolation is a state of mind," Gurung said, when I called him to talk about isolation and loneliness. "Of course, isolation is a physical thing, but I think social isolation is a state of mind."

During the COVID-19 pandemic, Gurung said, in some ways we are all isolated. It affects people living alone and people living with other people. But it doesn't mean we have to be lonely.

"The number of people around you doesn't equate to good or bad," he said.

SEE ISOLATION, A6

Coronavirus cases

Oregon: 3,927 confirmed cases; 148 deaths
Washington: 20,100 confirmed cases; 1,061 deaths
U.S.: 1,643,246 confirmed cases; 97,720 deaths
Worldwide: 5,407,613 confirmed cases; 345,059 deaths

Source: Oregon Health Authority, Johns Hopkins University as of 8 p.m. Sunday

MEMORIAL DAY

Commemorating quietly



National cemeteries, including Willamette National Cemetery in Portland, are open for graveside memorials, and the placing of flags or flowers by individuals or small groups only. On Sunday, a steady stream of visitors passed through the cemetery. With Oregon's ban on large gatherings, no big events are planned to commemorate the Memorial Day holiday this year. **More on Page A4.**

Mark Graves, staff photos

THE COVID-19 OUTBREAK HOMELESS ENCAMPMENTS

Portland plans to disperse some sites

Molly Harbarger The Oregonian/OregonLive

As large tent encampments grow throughout Portland, city officials are considering going against federal health guidelines to start breaking up the camps.

Since mid-March, the city has largely stopped cleaning campsites and moving people from them. Officials said they were following U.S. Centers for Disease Control and Prevention guidelines that recommend not moving homeless campers because that could potentially spread coronavirus to new campsites where residents weren't already infected.

However, as officials have been pressured by neighbors and business owners in places like Old Town Chinatown, they have started planning how they could humanely

resume dispersing people from large encampments.

The city did not say when that work would begin again or what the bar would be to merit moving people.

A spokesperson for the office that oversees the One Point of Contact homelessness complaint system, which uses a matrix to determine which sites meet its criteria to be notified of their impending dispersal, then cleared of people and possessions, said they have looked to the CDC and local public health departments for guidance as encampments have increased in size.

Since none have updated their recommendations, the city

SEE HOMELESS, A8

